

# AccessLetter

*Cambridge Commission for  
Persons with Disabilities*

## Hacking Rehabilitation



The first annual  
Spaulding  
Rehabilitation  
Hackathon was held

on September 25<sup>th</sup> and 26<sup>th</sup> at the Cambridge Innovation Center in Kendall Square. Held prior to the American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Meeting, this was a two-day event that focused on the development of new and creative solutions specifically for rehabilitation medicine challenges.

This was an opportunity for design professionals, computer programmers, and rehab clinicians to join with other talented individuals to look for innovative ways to solve problems to benefit people with disabilities and their caregivers.

Hosted by the Harvard Medical School Department of Physical Medicine and Rehabilitation at Spaulding, this was the first hackathon event in the Boston area to bring clinicians, engineers, designers, programmers, and entrepreneurs together to tackle clinical and healthcare related problems specific to rehabilitation medicine.

Some of you may ask, what is a hackathon? Over the past several years, hackathons have taken the world by storm. A hackathon is an event where creative minds come together to hear about

## Register! Educate! Vote!



Have you ever noticed that the disability vote is missing from media polls during election season?

News sources frequently speak of the Latino vote and the African American vote, among others, but never is the disability vote acknowledged, despite the fact that disability affects people of all races, ethnicity, religion, sex, and class.

Disability does not discriminate and, in fact, it is known that people with disabilities are the largest minority group not only in the country, but in the world. And yet, the voting power of this population is all but ignored.

## Participatory Budgeting VOTE!

**December 5 to 12, 2015**

**If you live in Cambridge and are at least 12 years old, vote for your favorite Participatory Budgeting project between December 5th and 12th to decide how to spend \$600,000 of the City's capital budget. Please consider voting for the Universal Design playground proposal!**

**[www.pb.cambridgema.gov](http://www.pb.cambridgema.gov)**

**617-349-4270**

The Disability Law Center (DLC) convened a meeting on November 17 to address this very issue ahead of the upcoming 2016 presidential election, inviting disability organizations and advocates from across the Commonwealth to "REV UP! Register! Educate! Vote!"

This well-attended strategy planning session featured several guest speakers, including: Michelle Bishop, Voting Rights Expert of the National Disability Rights Network; Jim Dickson, Co-Chair of the Voting Rights Subcommittee, National

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**(More on REV UP! page 2)**

## REV UP! (continued from page 1)

Council on Independent Living; Bob Kafka of ADAPT, REV UP and the Texas Disability Project; and Andrew Dowd, Town Clerk, Northborough.

The ultimate goal of REV UP is to organize the disability vote so that the community can exercise its collective power. Ms. Bishop defined power as "the ability to act to create change." In politics, she noted, there tend to be two sources of power: money and people. Although it's hard to compete with the money of corporate lobbyists, the disability community has one huge advantage: numbers. The U.S. Census Bureau estimates that 19% of the country's population had a disability in 2010. With baby boomers aging, that percentage is only expected to increase. With nearly 1 in 5 voters having a disability, there is no denying that this is a large population.

We know that we have the numbers needed to mobilize a large voter turnout from within this marginalized community, but how do we band the community together to build a reliable bloc of voters that can harness their power? This requires a multi-pronged approach: Register, Educate, and Vote! Arguably, a good starting point is helping folks become registered to vote if they are not already. The next step is to provide education to new voters, allowing them to see the connection between the collective power of their vote and getting disability-friendly policies passed as legislation. However, getting people registered to vote and educating them on the voting process is just the beginning. We need to help them exert their right to vote on Election Day! In today's political climate, it is difficult to feel any influence over what goes on in Washington, D.C., and while voting can be empowering for individuals, particularly those in ostracized societal sectors,

creating change (having power) requires collective action. In other words, the disability vote can only be effective with a large voter turnout, and every single vote counts!

We need to look at what is getting in the way of people voting. Thoughts that were aired at the meeting include:

- Disenfranchisement
- Being unregistered
- Fear of the unknown in people who have never voted before
- Lack of transportation to polls
- Inaccessible polling venues in some areas

The list goes on and on, but it will take working together as a community to strategize around how to tackle these issues in order to increase disability voter turnout.



On a related note, Massachusetts does have two exciting new initiatives on the voting front that may make voting easier for all citizens. First, the

Commonwealth's Secretary of State has deployed an online voter registration system. People who have either a driver's license or state ID through the Registry of Motor Vehicles may now register to vote online at [www.sec.state.ma.us](http://www.sec.state.ma.us); if you do not have an ID through the RMV, you may still fill out the voter registration form online, but will need to print, sign and then either mail it to or drop it off at your local city or town's election office.

Secondly, the federal government will allow for early voting for the first time in Massachusetts; only available for presidential elections, early voting is scheduled for the two weeks prior to the week of the election. Thus, with the presidential election scheduled for Tuesday, November 8, 2016, early voting will be available from Monday, October 24 through Friday, November 4. Ballots cast during this period will be placed in sealed

envelopes and counted on Election Day along with those ballots. The hope is that this added flexibility will increase overall voter turnout.

So what can you do to mobilize the disability vote? Register to vote AND vote -- in every election, whether it be primaries, presidential or the local City Council and School Committee! Encourage other people with disabilities to vote; use social media to spread the word about the power of the disability vote (use #VoteDisability on Twitter and Facebook!); when pollsters contact you, tell them they need to examine the disability vote; volunteer to accompany people to the polls if they need assistance or just reassurance; offer rides to the polls if you are able to provide transportation; apply through the Election Commission for a paid position working the polls; talk about voting; contact us in the office with suggestions for Cambridge, whether it be ways to get folks registered or suggestions for making voting more accessible within the confines of federal law. People with disabilities comprise a huge community in society, but have not been recognized as such. Let's work together to change that!

If you are interested in attending future Massachusetts REV UP meetings, contact DLC at [mail@dlc-ma.org](mailto:mail@dlc-ma.org) or 617-723-8455 and ask to be added to the email or mailing list. For information on voting in Cambridge or applying for a job working the polls on election days, contact the Cambridge Election Commission at [elections@cambridgema.gov](mailto:elections@cambridgema.gov) or 617-349-4361, or visit [www.cambridgema.gov/election](http://www.cambridgema.gov/election)

--by Kate Thurman

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## Hacking Rehab

(continued from page 1)

and to tackle various challenges in a collaborative way. Scientists, researchers, entrepreneurs, etc., come together to exchange ideas, form teams around shared interest, and build solutions.

The Spaulding Hackathon was hosted in collaboration with MIT Hacking Medicine and the AAPM&R, and was led by David Binder MD, Spaulding's Director of Innovation. During the first day of the event, a total of ten hackathon teams were formed to address specific rehab medicine challenges, as pitched by their fellow attendees. Three of these teams were ultimately awarded prizes at the conclusion of the hackathon.



### THE WINNERS

The Best Design Prize was awarded to the Park[Able] team, for their work in trying to make parking spaces easier to find for motorists with disabilities. Indeed, disability parking in the Boston area can be difficult to find, limiting community access for people with disabilities. Park[Able] team members Christina Kayastha, Lindsay Ramey and Demetri Sampas are determined to fix this problem. Their first tier solution is to develop a website and smartphone app prototype. The next steps for Park[Able] (aka HandiPark) are to finish data input, add navigation, and to partner with Boston-area local commissions on disability. Website: <https://app.startuprounds.com/startup/handipark>

The Spaulding Innovation Prize was awarded to the Magic Glove team, including Hany Beshara, Lucas Cahill, Aditi Gupta, Sean Hannigan, Sivani Jonnalagadda, Naomi Morales-Medina, Richard Murdock, James Phan, Ari Roshko, and Jacqueline Tieu. Their goal was to create an easy-to-use, ergonomic, replaceable, washable alternative to expensive electric stimulators. There are millions of people with upper extremity muscle weakness and/or paralysis, both in acute and chronic stages, who may benefit from electrical stimulation

therapy. However, current electrical stimulation solutions are bulky, complex, and expensive. The Magic Glove team's solution is a wearable external nervous system that is easy-to-use, ergonomic, replaceable, washable, and patient compliant.

<https://app.startuprounds.com/startup/magic-glove>

Therapy Connect received the Runner-Up Prize for creating a platform to enhance communication and care for people with recurring back pain. The team included Beatriz Carramolino, Greg Davault, Keith Foley, Meredith Grinnell, Rodrigo Huerta, Rick Sanders, and Quinn Tate. According to this team, a prominent proportion of the outpatient physical therapy population involves acute, recurring back pain. People in this group are often in and out of therapy and doctors' offices and frequently report that no one is listening to them

and supporting them through this process. Therapists are spending time with follow up phone calls and emails, as well as using time in session to discuss what happened during the week, taking away from valuable patient time.

<https://app.startuprounds.com/startup/therapy-connect>

MIT has led the way in the Boston area with hackathons, and Spaulding expressed pride in being able to partner with MIT Hacking Medicine on this event, the first specific to rehabilitative medicine in New England. The event also involved many mentors, speakers and judges.

For more info, visit [spauldingrehab.org/education-and-training/hackathon](http://spauldingrehab.org/education-and-training/hackathon)

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### Upcoming Events of Interest to the Disability Community (See end of Calendar for all weekly and recurring events)

- Dec. 5      **Parent & Guardian Training: Section 504 Plans** – Presented by the Federation for Children with Special Needs (FCSN), this workshop for parents and guardians explains the rights and responsibilities of a section 504 Plan, who is eligible, what it contains, and the major differences between a 504 Plan and an IEP. It will be held from 1-3pm at the Fletcher Maynard Academy, 225 Windsor Street in Cambridge. Although free, registration is required: [www.fcsn.org](http://www.fcsn.org), 617.236.7210, 800.331.0688, or [info@fcsn.org](mailto:info@fcsn.org).
- Dec. 6      **Poetic Change Open Mic and Show** – A community open mic and drum circle that will feature local spoken word, hip-hop, and jazz artists. Comedians and musicians are welcome to attend and perform. The point of this open mic and show is to engage in a positive artistic appreciation of ourselves and our diverse community. This event will be held from 7-9pm at Danger! Awesome, 645 Massachusetts Ave in Cambridge. For more information, visit [www.poeticchange.org](http://www.poeticchange.org)
- Dec. 8      **Webinar: Future Planning is a Family Affair** – The Holiday season is here and many will be spending lots of time with our families and friends! How do we start the conversation with parents and family members about future planning for brothers and sisters with disabilities? Offered by The ARC Massachusetts, this webinar is geared to adult siblings, although other family members and professionals can benefit as well. We address how to effectively advocate for an adult brother/sister with disabilities, understanding the legal and financial issues associated with caregiving, and working together as a family to make a plan for future care. The webinar will be held from 7-8pm and will be presented by John Kramer, Ph.D., past treasurer and co-founder of the MA Sibling Support Network and is also a co-founder and the chair of the Sibling Leadership Network (SLN). John received his Ph.D. in Disability Studies from the University of Illinois at Chicago, with his dissertation addressing the mutual support roles in aging families of people with disabilities and issues of future planning for people with intellectual disabilities and their brothers and sisters. Webinar fees are \$25 per session. For more information or if you need financial assistance to attend, please contact Kerry at [mahoney@arcmass.org](mailto:mahoney@arcmass.org) or call 781.891.6270 x109.



- Dec. 10      **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – meets in the 2nd floor Conference Room at 51 Inman Street from 5:30-7pm with opportunity for public comment. Call 617.349.4692 (voice), 617.492.0235 (TTY), or e-mail [ccpd@cambridgema.gov](mailto:ccpd@cambridgema.gov) for more information or to request accommodations. The December meeting is abbreviated and followed by a holiday potluck. All friends of CCPD are invited! Please bring a dish or drink to share if you are able to do so.
- Dec. 15      **FREE Adaptive Ice Skating** – Join DCR's Universal Access Program (UAP) for an afternoon of skating and socializing, from 11:30am-1:30pm at Cronin Rink, 870 Revere Beach Pkwy in Revere. Use your wheelchair, an ice sled, or conventional skates on the ice! Spin, race, slalom, Socialize, and play gently competitive games with others! Ice sleds and conventional skates available. Call the UAP to register: 413.545.5758 or email [marcy.marchello@state.ma.us](mailto:marcy.marchello@state.ma.us).
- Dec. 15      **MassHealth Stakeholder Meeting** – The MA Department of Health and Human Services has been holding a series of focused conversations as an opportunity for MassHealth to seek input on its efforts to enhance the health care experience for MassHealth members, improve health outcomes, and discuss reforms to make the MassHealth program more sustainable. We welcome all members of the public who wish to share their ideas with MassHealth and help us work through design challenges. In the spring of 2015, listening sessions were conducted on Customer Service Experience, Payment Reform, and Behavioral Health and Long Term Services and Support. Throughout the fall and winter of 2015-2016, MassHealth will continue to host public forums to outline ideas under consideration. We will share highlights of the discussions and recommendations of the work groups at these public forums. This meeting will be held from 3-5pm at MassHealth, 1 Ashburton Place, 21st Floor in Boston. Communication Access Realtime Translation (CART) services and American Sign Language (ASL) interpretation will be available. Please contact [MassHealth.Innovations@State.MA.US](mailto:MassHealth.Innovations@State.MA.US) or 617.573.1831 to request other accommodations.
- Dec. 30      **Boston Children's Museum Morningstar Access** –Morningstar Access offers children with special needs/medical needs the opportunity to visit the Museum from 8-10am, a time when there are only a few other visitors. At these times, there is a limit of 100 guests, so children and their families can explore the Museum with less concern about infections and large crowds. Fee is \$8 per person (half-priced admission; free for members) and registration is required. For more information or to register, visit [www.bostonchildrensmuseum.org/morningstar](http://www.bostonchildrensmuseum.org/morningstar) or email Saki Iwamoto, Health and Wellness Educator at [Iwamoto@BostonChildrensMuseum.org](mailto:Iwamoto@BostonChildrensMuseum.org) or call 617.986.3697.
- Dec. 31      **Boston Comics Roundtable** – The Boston Comics Roundtable (BCR) is an ongoing forum for artists and writers at all levels of experience who work in the comics medium or wish to. We are dedicated to the premise that comics is an art form that can encompass any genre—not just humor, action, etc. but autobiography, history, journalism and fiction, poetry and even abstraction, to name a few. Bring your work for creative feedback and motivation, discuss comics and graphic novels you're reading, and share experiences and advice on how to manage a creative life and meet professional challenges. Above all, we encourage friendly interactions and conversations with others who share your interests. BCR is free and open to anyone, from students and beginners to old pros, and we strive for diversity. This roundtable will be held from 7-8pm in the Community Room at the Cambridge Main Library, 449 Broadway.
- Jan. 7      **Boston Comics Roundtable** – Same details as the Dec. 31 listing.
- Jan. 9      **Open Captioned (OC) Performance of BEAUTY AND THE BEAST**– OC will be provided at this 3:30pm performance at the Boston Opera House. Tickets start at \$44 and may be purchased online, at the Boston Opera House Box Office (539 Washington Street in Boston) or by phone at 617.880.2419. Be sure to request OC seating. For more information or to purchase tickets online, visit

[http://boston.broadway.com/accessible\\_services/](http://boston.broadway.com/accessible_services/). For information on the musical, click on the “Shows” tab.

- Jan. 12      **FREE Adaptive Ice Skating** – Join DCR’s Universal Access Program (UAP) for an afternoon of skating and socializing, from 11:30am-1:30pm at Cronin Rink, 870 Revere Beach Pkwy in Revere. Use your wheelchair, an ice sled, or conventional skates on the ice! Spin, race, slalom, Socialize, and play gently competitive games with others! Ice sleds and conventional skates available. Call the UAP to register: 413.545.5758 or email [marcy.marchello@state.ma.us](mailto:marcy.marchello@state.ma.us).
- Jan. 13      **MassHealth Stakeholder Meeting** – See details under the Dec. 15 listing. This meeting will be held in the same location from 2-4pm.
- Jan. 14      **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – meets in the 2nd floor Conference Room at 51 Inman Street from 5:30-7pm with opportunity for public comment. Call 617.349.4692 (voice), 617.492.0235 (TTY), or e-mail [ccpd@cambridgema.gov](mailto:ccpd@cambridgema.gov) for more information or to request accommodations.
- Jan. 14      **Boston Comics Roundtable** – Same details as the Dec. 31 listing.
- Jan. 23      **Understanding My Child’s Learning Style** – Presented by the Federation for Children with Special Needs (FCSN), this workshop for parents and guardians teaches the various learning styles and how they can be understood and harnessed to achieve success in many different environments, including the classroom. This workshop will be held from 11am-1pm at Cambridge Family & Children’s Services, 60 Gore Street. Although free, registration is required: [www.fcsn.org](http://www.fcsn.org), 617.236.7210, 800.331.0688, [info@fcsn.org](mailto:info@fcsn.org).
- Jan. 30      **Effective Communication with IEP Teams** – Presented by the Federation for Children with Special Needs (FCSN), this workshop for parents and guardians teaches communication and conflict resolution skills for parents in their roles as IEP Team members. It will be held from 1-3pm at the Fletcher Maynard Academy, 225 Windsor Street in Cambridge. Although free, registration is required: [www.fcsn.org](http://www.fcsn.org), 617.236.7210, 800.331.0688, or [info@fcsn.org](mailto:info@fcsn.org).

## Weekly & Recurring Events

**NOTE: Please contact organizations directly to confirm schedules during the holiday season.**

**Access to Art tours** – the Museum of Fine Arts (MFA) in Boston offers a series of visitor centered, interactive tours designed for groups with disabilities or if persons with disabilities prefer an individual tour with a companion or care partner. There is no fee for these tours but most require pre-registration. Contact us for a sighted guide or other access accommodation: Hannah Goodwin at 617.369.3189 (voice), 617.369.3395 (TTY), or email [access@mfa.org](mailto:access@mfa.org). The MFA is located at 465 Huntington Avenue and is accessible by the Green line “Museum of Fine Arts” stop, or the Orange line “Ruggles” stop. Please visit [www.mfa.org](http://www.mfa.org) for more information.

**Injured Worker Support Meetings** – Meetings are scheduled by appointment, often the 1<sup>st</sup> Wednesday of the month, 5:15 - 6:45 pm, but other times can be arranged. Appointments usually take place at 650 Beacon Street, Kenmore Square, Boston, 4<sup>th</sup> Floor Conference Room. RSI Action volunteers answer questions and provide resources and support to people with RSIs (Repetitive Strain Injuries) or other workplace injuries. To set up a meeting or more info, call 617.247.6827, or visit [www.rsiaction.org](http://www.rsiaction.org).

**Mondays**

**FREE Basic Yoga for Women** – Offered by the Cambridge Women's Center at 46 Pleasant Street, this group meets each Monday from 6-7pm and uses basic breath work and poses to relax and rejuvenate the mind, body and spirit. Space is limited, so pre-registration is required at 617.354.6394 or [maddybeauregard@gmail.com](mailto:maddybeauregard@gmail.com).

**NAMI Support Group for Caregivers** – A free support meeting sponsored by the National Alliance on Mental Illness (NAMI) for family members of people with mental illness where they can talk frankly about their challenges and support each other in coping with all the problems that arise in dealing with their loved ones. This group meets on the 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Mondays of each month at 7:30pm at the Cambridge Hospital Learning Center, Conference Room A, 3<sup>rd</sup> Floor, 1493 Cambridge Street. For more information, see [www.namimass.org/programs](http://www.namimass.org/programs), or contact Elizabeth at [elizabeth@nami-cambridgemiddlesex.org](mailto:elizabeth@nami-cambridgemiddlesex.org) or 781.646.0397.

**Obsessive Compulsive Disorder Support Group** – Open to adults with OCD, this group meets biweekly on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month from 7-8:30pm at the Friends Meeting House, 5 Longfellow Park, Cambridge. Parking is limited, but it is close to the Harvard Square T stop. OCD can feel extremely isolating; it can feel like living on an island. Having people to share experience with, especially people who are going through the exact same thing, seems invaluable. This group is a casual, open discussion of the trials (and triumphs!) of living with OCD. \$5.00 suggested donation. For more information e-mail [ocdgroupcambridge@gmail.com](mailto:ocdgroupcambridge@gmail.com).

**Tuesdays**

**Computer Lab Open to Public** – Every Tuesday from 3-5:45 pm Cambridge Community Television at 438 Massachusetts Avenue offers free computer access, plus assistance from a friendly volunteer who can help with job searching, online job applications, basic computer skills, and much more. This drop-in time is open to the public and there is no need to sign up, just stop by! Call 617.661.6900 for more information.

**Wednesdays**

**Access Advisory Committee to the MBTA (AACT)** meets 1 – 3 p.m. at the State Transportation Building, 10 Park Plaza, Boston, 2nd floor Conference Room #2 and 3 on the 4<sup>th</sup> Wednesday of each month. Call 617.973.7507 (voice) or 617.973.7089 (TTY) or email [aact@ctps.org](mailto:aact@ctps.org) to request interpreters.

**Amputee Support Group** – Offered by Spaulding Rehabilitation Hospital, all amputees, their family and friends are invited to socialize and discuss common areas of interest, including accessibility and resources, as well as to provide support and share coping strategies. Meets on the 1<sup>st</sup> Wednesday of each month from 1-2:30pm on the 5<sup>th</sup> floor, in the Lantern Room 5, at Spaulding Rehab Hospital, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). For more information, see [www.spauldingrehab.org/events/supportgroupevents](http://www.spauldingrehab.org/events/supportgroupevents) or contact Sally Johnson, LICSW at 617.952.6254 (voice), 1.800.439.2370 (TTY), or by email at [sejohnson@partners.org](mailto:sejohnson@partners.org).

**Assistive Technology Resource Center (ARTC) Open House** – The ARTC, which helps people with disabilities in Eastern Massachusetts make informed decisions about assistive technology they can use to increase their independence at home, on the job or in school, holds an open house on the 1<sup>st</sup> Wednesday of each month from 8:30am-4:30pm. These FREE monthly open houses provide an opportunity to see what kinds of assistive technology products are available, and to try them out. The ARTC is located at the Boston

Easter Seals office, 89 South Street (one block from MBTA South Station). Visit [www.eastersealsma.org](http://www.eastersealsma.org), call 617.226.2634, or email [ATRC@eastersealsma.org](mailto:ATRC@eastersealsma.org) for more information.

**Carroll Center for the Blind Information Day** – Learn more about Carroll Center programs and our visual impairment services the 1st Wednesday of every month (except in January and July). See the campus, learn from rehabilitation instructors, and talk to graduates about their experience in adult and senior rehabilitation and technology programs. And lunch is provided free of charge! Sessions start promptly at 10am and end at 2pm. *Special dates are offered tours about summer offerings for youth.* Staff loves the chance to help participants become informed, relaxed, and motivated! To make a reservation (required), email [maureen.foley@carroll.org](mailto:maureen.foley@carroll.org) or call 1.800.852.3131 ext. 225 w. the name of each guest attending. Family and friends are welcome. The Carroll Center is located at 770 Centre Street in Newton.

**DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group** meets every Wednesday from 7-9pm in the cafeteria in de Marneffe Building at McLean Hospital in Belmont. On the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday there is a lecture from 7-8pm, then group from 8-9pm. Call 617.855.2795 or visit [www.dbsaboston.org](http://www.dbsaboston.org) for more information.

**Free tour of MFA in American Sign Language (ASL)** – for visitors and their family and friends who are fluent in ASL. Monthly offering at the Museum of Fine Arts (MFA) in Boston, the tour explores a different part of the Museum each month. These tours will start at 6:30pm on the 2<sup>nd</sup> Wednesday of each month. No pre-registration is required; meet at the Sharf Visitor Center in the MFA. For more information about accessible programs call 617.369.3302 (voice), 617.369.3395 (TTY) or e-mail [access@mfa.org](mailto:access@mfa.org).

**HOLLAoffline: We've Got Your Back!** – Join the Cambridge Women's Center on the last Wednesday of every month for a free street harassment support and discussion group, open to all who identify as women. We're here as a resource and we've got your back! 7-8pm at the Women's Center, 46 Pleasant Street in Cambridge. For more information, email [boston@ihollaback.com](mailto:boston@ihollaback.com).

**Housing Search Workshop** – Learn how to conduct a successful housing search and how to communicate with housing authorities, agencies and landlords from 10am-noon on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month at the Boston Center for Independent Living, 60 Temple Place, 5<sup>th</sup> Floor, Boston. For more information, call 617.338.6665.

**Life Changes Support Group for Women** – Change happens in life whether we choose it or whether it catches us by surprise. Either way, you don't have to be alone. Whatever new or different thing you're dealing with, whether the start of something new, an ending or a changing situation, come and let us hold your hand through it. Together we'll pool our wisdom; we'll look at what got you here, offer some tools for getting through and guidance for next steps. We'll use some writing, art, a little ritual but mostly good old fashioned support. This group is held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month from 6:30-8pm at the Cambridge Women's Center, 46 Pleasant Street. For more information, email Susan at [changegroup26@gmail.com](mailto:changegroup26@gmail.com).

**NAMI Connection** – Support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets every Wednesday and Friday 10:30-12:00 at the Cambridge Somerville Recovery Learning Center, 35 Medford Street, Suite 111 in Somerville. The group is free and open to all who self-identify as having a mental illness, regardless of diagnosis. For more information, contact Janel Tan at 617.863.5388 or [tanj@vinfen.org](mailto:tanj@vinfen.org).

**Open Support Group for Adults on the Autism Spectrum** – Meets on the 2<sup>nd</sup> Wednesday of each month, 7-8:30 pm at the offices of the Asperger's Association of New England (AANE), 85 Main St., Suite 101, Watertown, MA. A \$5 donation is suggested. RSVP to 617.393.3824, x310 or [Jamie.Freed@aane.org](mailto:Jamie.Freed@aane.org).



**Senior Support Group for Caregivers over 60** – meets on the 3rd Wednesday of each month at the Family Resource Center, 20 Gould Street in Reading. Share and learn with other seniors who have adult family members with developmental disabilities. For meeting times or more information, contact Judy Santa Maria at 781.942.4888, x4022 or [familysupport@theemarc.org](mailto:familysupport@theemarc.org).

**Spaulding Stroke Support Group** – This community-based support group offered by Spaulding Rehabilitation Hospital (SRH) provides socialization and education for stroke survivors, meeting on the 2nd Wednesday of the month from 3-4:30pm at Spaulding Rehab Hospital, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). Contact Karen Halfon at 617.952.6560 (voice), 1.800.439.2370 (TTY), or e-mail at [khalfon@partners.org](mailto:khalfon@partners.org). Visit us at [www.spauldingrehab.org](http://www.spauldingrehab.org).

## **Thursdays**

**Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – generally meets on the 2nd Thursday, at 51 Inman Street, 2nd floor Conference Room, 5:30-7pm with opportunity for public comment. Call 617.349.4692 (voice), 617.492.0235 (TTY) or e-mail [ccpd@cambridgema.gov](mailto:ccpd@cambridgema.gov) for more information or to request accommodations.

**Brain Injury Survivor Support Group in Bedford** – Sponsored by the Brain Injury Association of MA, this group is held on the 3rd Thursday of each month from 1-3pm in the Community Room at Village at Taylor Pond, 3000 Taylor Pond Ln. (59 Middlesex Tpk.) in Bedford. Please contact Joanne Stephen at [joannejstp@aol.com](mailto:joannejstp@aol.com) or 781.698.6169 before attending.

**DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group** – meets at Mass. General Hospital every Thursday, 7 - 9 p.m. in the Schiff Conference Center Room, Suite 4A on the 4th floor in the Yawkey Building. Follow the signs. Meetings are free and open to public. For more information call 617.855.2795 or e-mail [mghgroup@dsaboston.org](mailto:mghgroup@dsaboston.org).

**Ladies, Let's Talk About It: Women's Narcotic Anonymous (NA) Meeting** – meets every Thursday at the Cambridge Women's Center, 46 Pleasant Street, from 6:30-8pm. This is a support group for women recovering from drug and alcohol abuse. For more information, call 617.354.8807

**One-on-One for Women with Nurse Pat** – Held on the 3rd Thursday from 12:45-1:30pm at the Cambridge Women's Center, 46 Pleasant Street. Need any health related support or questions answered? Sign up in advance or walk in for a 15-min individual consulting time with Pat Maher, Nurse Practitioner from Cambridge Health Alliance. For more information or to sign up, call 617.591.6731

**Spinal Cord Injury (SCI) Support Group** – Offered by the Greater Boston Chapter, National Spinal Cord Injury Association. Weekly support group meets every Thursday from 4-5pm, is for anyone affected by SCI, to help and inspire the newly injured through role models and peer mentors, and to support individuals and family members as they begin their post-injury journeys. This group is held at Spaulding Rehabilitation Hospital, 6th floor, Lantern Room, 300 First Ave, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). E-mail [sciboston@aol.com](mailto:sciboston@aol.com) for more information.

## **Fridays**

**NAMI Connection** – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets every Wednesday and Friday 10:30am-12:00pm at the Cambridge Somerville Recovery Learning Center. See Wednesday listing for details.

**OCD Support Group Informal Gatherings** – The Monday OCD Support Group (see information listed under Mondays) has informal get-togethers at the Cosi restaurant next to the Kendall/MIT stop on the 1st and 3rd Fridays of each month from 5-6:30pm. Please join us for a nice meal and/or friendly conversation! Email [ocdgroupecambridge@gmail.com](mailto:ocdgroupecambridge@gmail.com) for more information or to confirm a gathering.

**Second Fridays are FREE at the MIT Museum** – Jump-start your weekend with the MIT Museum! Get up close and personal with Kismet the Robot, or see the world in 3-D through our one-of-a-kind holography exhibit. Enjoy performances, demonstrations, and lectures throughout our galleries. Mix and mingle; relax and unwind. Museum admission, including the galleries and additional activities, is free from 5-8pm on the 2nd Friday of every month. The Museum is located in Building N51 at 265 Massachusetts Avenue, Cambridge. See [web.mit.edu/museum/programs/secondfridays.html](http://web.mit.edu/museum/programs/secondfridays.html) or call 617.253.5927 for more information.

### **Saturdays**

**Boston Acquired Brain Injury Support Group (BABIS)** – The mission of this free support group is to provide a positive forum for peer socialization, hope and education for people with acquired brain injury, their family and friends. This group is held on the 1st Saturday of the month, from 10am-12pm at Spaulding Rehab Hospital, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). No registration required, just show up! For more information, call Sally Johnson, LICSW at 617.573.2539 (voice), 1.800.439.2370 (TTY), e-mail [babisgroup@hotmail.com](mailto:babisgroup@hotmail.com), or visit [www.babis.info](http://www.babis.info).

**Beyond the Spectrum: Adventures in Art for Children with Autism** – Offered by the Museum of Fine Arts (MFA), Artful Adventures offers a specially designed program for children ages 8-12 on the Autism Spectrum, including Asperger's Syndrome, accompanied by a parent or caregiver. Upon arrival children will be divided into groups by age and/or needs. The program typically meets on the 1st Saturday of each month from 10:30 am - 12:00 pm. Each class lasts an hour and a half and combines gallery exploration with an art-making activity. Pre-registration is required by the prior Tuesday. The cost is \$9 per child (includes materials and museum admission), and one adult is admitted free with each child ticket, which also includes discounted parking. The program meets in the Education Center in Druker Family Pavilion, Room 159 at 10:20am before the start of each class. For more information, or to pre-register, go to [www.mfa.org/programs/community-programs/beyond-the-spectrum](http://www.mfa.org/programs/community-programs/beyond-the-spectrum), call 617.369.3303 or email [artfuladventures@mfa.org](mailto:artfuladventures@mfa.org).

**Access to Art: Second Saturdays** -- For individuals with memory loss or dementia, and their care partners. Second Saturdays meet at 10am on the 2nd Saturday of each month. Pre-registration is required. For more information or to register for a tour please call 617.369.3302 (voice) or email: [access@mfa.org](mailto:access@mfa.org).

### **Sundays**

**Computer Lab Open to Public** – Every Sunday from 4-5:30pm Cambridge Community Television at 438 Massachusetts Avenue offers free computer access, plus assistance from a friendly volunteer who can help with job searching, online job applications, basic computer skills, and much more. This drop-in time is open to the public and there is no need to sign up, just stop by! Call 617.661.6900 for more information.

**Wenham Museum Spectrum Express** -- Welcomes families with members on the autism spectrum to come enjoy the model railroad trains and their other favorite exhibits the 1st Sunday of each month at 9am at regular admission prices or free for members. The museum opens to the general public at 10am. Visit [www.wenhammuseum.org/youth\\_families.html](http://www.wenhammuseum.org/youth_families.html) or call our Welcome Desk at 978.468.2377 with any questions.

**Feeling for Form Tours of MFA for blind & low vision visitors** -- The Museum of Fine Arts (MFA) in Boston offers a series of guided tours for visitors who are blind or have low vision who want to build a deeper relationship with the Museum. Each monthly session focuses on a different collection and includes wayfinding and verbal description of spaces. The Sunday tours are held on the 1st Sunday of the month at 1pm, with the exception of some holiday weekends, and require pre-registration at least one week in advance. Call 617.369.3302 to register. Family and friends are invited to come along. Guided tours can also be scheduled on request, please contact Hannah Goodwin at 617.369.3189 or [access@mfa.org](mailto:access@mfa.org) for more information.

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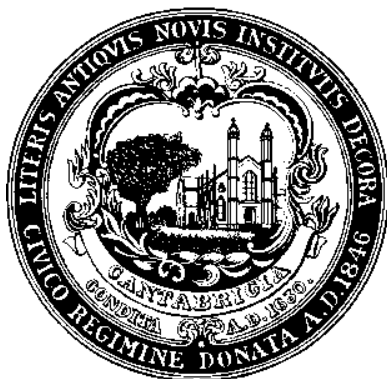
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